



Utah Division of

Substance Abuse and Mental Health

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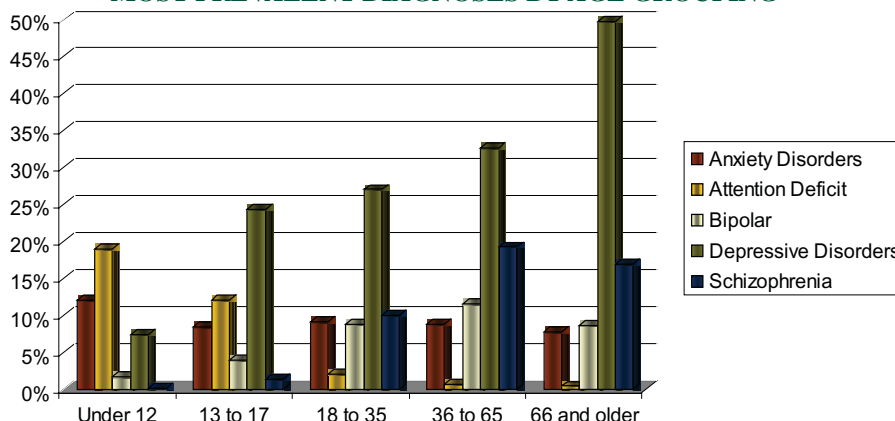
# Mental Health Services

Under Utah Statute and the direction of the State Board of Substance Abuse and Mental Health, the Division of Substance Abuse and Mental Health (DSAMH) is the mental health authority for the State of Utah. DSAMH contracts with the local mental health authorities to provide mental health services to residents of their counties who are experiencing serious mental illness. A local mental authority is typically the governing body of a county. There are 29 counties in Utah and 13 local mental health authorities that contract with community mental health centers (CMHCs) to provide the statutorily mandated services to community members.

## MANDATED SERVICES

- Inpatient Care—Hospitalization for psychiatric needs
- Residential Care—Temporary supervised living with mental health treatment
- Outpatient Care—Individual and group therapy
- Twenty-four Hour Crisis Care—Emergency crisis consultation
- Medication management—Psychiatric medication
- Psychosocial Rehabilitation—Services intended to train or retrain a consumer to function at his or her highest ability
- Case Management—Process to help people with mental illness obtain necessary services
- Community Support—Housing, respite, and skill development for independent living
- Consultation and Education Services—Treatment consultation and education about mental illness
- Services to people with mental illness residing in jails or other correctional facilities

## MOST PREVALENT DIAGNOSES BY AGE GROUPING



For consumers receiving mental health services, recovery is the emphasis of all treatment. Although recovery from mental illness was once thought impossible, and hope for recovery was thought to be unreasonable, over the last two decades much work has been done that demonstrates recovery is not only possible, it is expected and it is real. In developing a treatment philosophy, DSAMH anchors its endeavors within the framework of recovery. To find a mental health authority in your area, please visit the DSAMH website, [www.dsamh.utah.gov](http://www.dsamh.utah.gov).

## Fiscal Year 2005

### Quick Facts:

- 42,480 people received mental health services through CMHCs; of those, 770 received treatment at the Utah State Hospital
- The number of people receiving Mental Health Services has decreased 8% since 2003 reflecting recent budget cuts. This reverses an 8 year increase in those receiving services.
- Approximately 49% of Utah residents in need of mental health services do not receive treatment
- 59% of adult consumers receiving medication are diagnosed with schizophrenia or a major depressive disorder
- Nearly one-third of children hospitalized due to mental illness are experiencing some type of severe depression
- Over 42% of adults with a mental health diagnosis have been diagnosed with substance abuse or dependence (2005 DSAMH Annual Report)
- The highest rate of completed suicide occurs in men over the age of 65 (Utah Department of Health)